



ORIGINAL RESEARCH PAPER

Statistics

SYMPTOMS OF MENOPAUSE IN THE UPPER SPAN OF REPRODUCTIVE AGE

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ABSTRACT

According to World Health Organization (WHO), menopause is the permanent cessation of menstruation and fertility resulting from the loss of ovarian follicular activity. The average age of natural menopause is around 51 years. In this study we considered various studies concerning with symptoms of menopause in the upper span of reproductive age. In the beneath, a discussion is also made.

Discussion: Menopause is an important life event that may adversely influence the quality of life. Women's awareness regarding symptoms, causes and treatment of the event underlined should be enhanced through different awareness and health education programs.

Introduction

Menopause is a life changing event in a woman's life. According to some studies 3 out of every 4 women experience complaints during menopause (MacLennan A H, 2009; Appling S. et al, 2007). The most common menopausal symptoms reported in literature include hot flashes, night sweats, fatigue, pain, decreased libido, and mood changes (Greene JG, 1998; Joffe H et al, 2003; Warren MP, 2007). Majority of women are not aware of the symptoms of menopause (Rahman SASA et al, 2010; Williams RE et al, 2009; Lu J et al, 2007). We are listing here some of the studies regarding symptoms of menopause in the upper span of reproductive age.

A community based cross-sectional study was conducted among 106 postmenopausal women, to find the prevalence of menopausal symptoms and perceptions regarding menopause among menopausal women of Kerala. The mean age of attaining menopause reported was 48.26 years. Prevalence of symptoms among ladies observed were emotional problems viz. crying spells, depression, irritability 90.7%, headache 72.9%, lethargy 65.4%, dysuria 58.9%, forgetfulness 57%, musculoskeletal problems (joint pain, muscle pain) 53.3%, sexual problems (decreased libido, dyspareunia) 31.8%, genital problems (itching, vaginal dryness) 9.3%, and changes in voice 8.4% (Borker SA et al, 2013).

In another observational, cross sectional study 100 urban women with the natural body process menopause were taken to evaluate age at menopause and menopausal symptoms in women above the age of 40 belonging to the middle socioeconomic strata from Jharsuguda Western Odisha. Mean age of menopause reported was 44.82 years. Results of the study revealed varying nature of symptoms with age and vasomotor symptoms being more prevalent with lesser psychological complaints in this region of Odisha (Satpathy M, 2016).

We came across a cross-sectional study which was done to assess women's awareness level about symptoms and complications of menopause and methods of their prevention. In this study 220 women of 40 years of age or older were selected from different health care centers. According to this study 48.6% of women had have good awareness, 24.1% of them were having average awareness, and 27.3% of them were having low awareness. 85% of the participants were found observed read or heard some topics about menopause from their relatives (26.8%), 25.5% from friends, 20% from health care staffs, 10.5% from books and journals, and 8.6% from television or radio. In the study considered Women's awareness level was evaluated significantly correlated with child number, job, education, income, hearing or reading text about menopause and their informational source however awareness was not examined having significant correlation with age and being menopausal (Bakouei F et al, 2013).

A study was scrutinized, aiming examining the impact of menopausal symptoms on work ability. In this a cross-sectional study considered, a sample of 208 healthy working Dutch women aged 44 to 60 years was sampled. Study disclosed a significant

negative correlation between total Greene Climacteric Scale score and Work Ability Index score. In this study Total Greene Climacteric Scale score predicted 33.8% of the total variance in the Work Ability Index score and only the psychological and somatic subscales of the Greene Climacteric Scale were viewed significant predictors in multiple linear regression analysis. Study concluded that menopausal symptoms were negatively associated with work ability and may increase the risk of sickness absence (Geukes M et al, 2011).

In a study a total of 1127 participants were included and moderate evidence for short-term effects on psychological symptoms (SMD = -0.37; 95% CI -0.67 to -0.07; P = 0.02) were reported observed. No evidence was found inspected for total menopausal symptoms, somatic symptoms, vasomotor symptoms, or urogenital symptoms. In the study yoga was not found having any association with serious adverse events (Cramer H, 2012).

One of the studies was done to document the menopausal-related symptoms among middle age women of Kushtia region of Bangladesh. This study considered and interviewed 509 women aged 40-70 years to document symptoms commonly associated with menopause. Findings of the study found that the mean age of menopause was 51.14 years. The most prevalent symptoms with their respective percentages pondered reported were, feeling tiredness in 92.90%; headache in 88.80%; joint and muscular discomfort in 76.20%; physical and mental exhaustion in 60.90% and sleeplessness in 54.40% which were reported followed by depressive mood in 37.30%; irritability in 36%; dryness of vagina in 36%; hot flushes and sweating in 35.80%; and anxiety in 34.20% women. While, less common symptoms reported were sexual problem in 31.20%; cardiac discomfort in 19.10% and bladder problem in 12.80% women (Rahman S et al, 2011).

Carol C investigated whether women's perimenopausal/ menopausal symptoms had negative effects on marital or long-term relationships. 110 women, ages 45-60 years were included in the study. Symptoms were found positively correlated with participants' feelings about the relationship and sexual intimacy with their partner (.353-.783, p = 0.01, and 272-.371, p = 0.05, respectively) (Caico C, 2013).

One of the prospective studies conducted in Kathmandu Nepal, took into account a total of 500 women (aged 45 to 60 years) to find out the major health problem in mid-life of female, to observe the age of menopause, to observe prevalence of menopausal symptoms and common menopausal symptom among Nepalese women. The mean age of menopause was found to be 49.9% with urinary tract infection being the major clinical diagnosis and physical menopausal symptoms were observed commonest (Marahatta R, 2012).

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